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TODDLER YOGA STRONG WALKERS – AGE 3



Class description: A Parent & Child class aimed at introducing yoga to young ones. We unite mind + body by using our imaginations to go on adventures to various places and acting out the poses for the animals and things we encounter. Songs, stories, games, and breathing activities are included. Adults participate as models and provide physical assistance for their child as needed. Please bring a mat or towel for yourself and one for your child. Dads & caregivers welcome!

About the Instructor: Jennifer is a *Karma Kids* certified yoga instructor as well as a NYS certified Early Childhood, Elementary, and Students with Disabilities teacher. Before focusing her time to raising her 6 year-old daughter and 3 year-old son, she taught 2nd grade and Special Education Support Service for grades K-3. Jennifer has also taught mommy & me gymnastics and preschool ballet. She is passionate about the benefits of yoga for every child!

Fridays 10:00 a.m. – 10:45 a.m.

Class is limited to the first 12 toddler and adult pairs

Schedule of Classes:

This class will be held at the Long Beach Recreation Center in the Ranger Room.

	September	October	November
Friday	25	2 – 9 – 16 – 30	6 – 13 – 20

Registration: Long Beach Recreation Center
 700 Magnolia Blvd.
 (516) 431-3890

Fee: \$60 fee for the eight (8) sessions of yoga
 Make checks payable to City of Long Beach.
 Cash, Visa or MasterCard also accepted.

2015 Fall Toddler Yoga

**Put Telephone # on check

NAME _____ AGE _____ SEX _____
 STREET _____ CITY _____
 PHONE _____ E-MAIL _____
 PARENT NAME _____

I understand that there will be no refunds for this program. **Parent Signature** _____

For Rec Use Only:

Receipt # _____ Amt Pd. _____ Date _____ Staff _____